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Ottawa metro

ONTARIO MAN FREED FROM TALIBAN
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Your essential daily news | **TUESDAY, JANUARY 12, 2016**

High -6°C/Low -11°C Snowy



R.I.P. BOWIE

Remembering a legend's music,
metroNEWS

impact
metroVIEWS

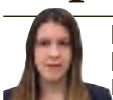
and genius
metroLIFE

Ian Boyd gazes at a tribute to the late David Bowie in the window of his Glebe record and CD store, Compact Music, on Monday. LUCY SCHOLEY/METRO

School board faces cuts, job losses

BUDGET

OCDSB needs to shave \$10M in spending



Haley Ritchie
Metro | Ottawa

The Ottawa-Carleton District School Board is facing a serious

budget crunch next year that could mean cutting up to two per cent of the board's staff.

Taking direction from the provincial government, the board needs to rein in \$10 million in spending. That means the board will need to consider cutting 100 to 200 jobs.

"Last year, for the most part, the changes we made had minimal direct impact on kids," said Michael Carson, the board's

chief financial officer.

"This year, because of the size of some of the reductions, we may be looking at — while they may not be in the classroom — we can't guarantee that there won't be impacts on students."

In previous years, the board has avoided going into the red by using surplus savings, but that money has run out this year.

It's unlikely that teachers will be cut from classrooms,

since the government and union regulate class size and supervision. Carson said the board would not be able to save enough money, however, without some staffing reductions.

"It's always difficult to discuss this," said Carson. "We'll be looking at positions that are outside the classroom. As always we review administrative staff and we'll probably need to look at custodial staff



We can't guarantee that there won't be impacts on students.

Michael Carson

again. It will be a challenge."

Last year, the 2015-16 cuts resulted in 23 members of cus-

todial staff being laid off. The board was also forced to make cuts to academic staffing, learning support staff and professional development. Carson said the board is also looking at non-staffing ways to save. New proposals for French language teaching, a new model for students with disabilities and funds from the extended-day program would save \$4.7 million if approved.



Refrigerated oval on ice

SKATING

Equipment would cost around \$1M: Co-ordinator



Emma Jackson
Metro | Ottawa

If Ottawa's speedskaters feel they're going round in circles, it's not just because they're on a long-track oval.

The Ottawa Pacers, who operate and maintain the speedskating track at Brewer Park, continue to chase their dream of installing a refrigerated facility as they battle wacky winter weather.

"We would definitely love to, but it's a very big expense for both the clubs and the city," said Sue Townley, who co-ordinates oval maintenance with her husband, Jim Hovey.

The weather gets more unpredictable every year, Hovey said. In the 1960s, the oval regularly had 70-day seasons. Now it's more like 50 — and this year likely only 30.

The shorter seasons mean local athletes can't compete with kids growing up on refrigerated pads in Quebec City, Halifax and Calgary.

The Pacers also had to cancel a provincial meet next weekend because the ice wasn't competition ready.

Townley said it would cost \$1 million to install refrigeration equipment.



Caleb Hovey, middle, and his dad Jim Hovey flood the speedskating oval at Brewer Park. The wonky winter weather has cut this long-track speedskating season short. EMMA JACKSON/METRO

The club might have to move, too, because the land at Brewer Park likely can't support the concrete pad.

The club has yearned for a refrigerated oval for years, knowing it would help local athletes — especially if it came with a sports excellence centre, Hovey said. Such a facility would allow them to host the

Canada Cup.

A proper oval was included in one of two bids to redevelop LeBreton Flats, but it hasn't been fleshed out or confirmed.

"We get an opportunity every couple of years but things kind of float away," Townley said.

She said "there's no way" they could do it without the city's help. Right now the city

pays the oval's water and power bills and maintains boards and lights for the club.

To move forward with a refrigerated rink, the city would need to at least offer in-kind help like waived permit fees or pro-bono engineering work, Townley said.

The city didn't respond to requests for comment.

LABOUR OF LOVE

Running one of the city's 250 community rinks is not for the faint of heart.

As temperatures dip to -15 C overnight this week, hundreds of stalwart volunteers will be outside spraying icy water while the rest of us are in bed.

To create a rink, they must wait until the first snowfall and then tamp it down into a base. In Rob Aubry's case, his volunteers used their pickup truck to pack snow at the Centrepointhe rink in Nepean.

Then it's a matter of building the ice. Volunteers drag out thick, heavy hoses and spray till the ice is smooth and thick enough to skate on. The rink still needs to be flooded most nights, but volunteers must also supervise it during open hours. If it snows, they have to clear it.

Depending on its size, teams contend with massive ice sheets not even a snow blower can manage.

Aubry said he tries to get seven local families to take responsibility for one night a week. He's got five at the moment, including his own, but he's worried about next year when many of his volunteers will graduate high school. For a complete list of rinks — and how you can help — visit ottawarinks.ca

METRO

CITY CELEBRATION

Canada Day event was a hit: Survey



Michael Woods
Metro | Ottawa

Enjoying downtown Ottawa on Canada Day takes a certain mentality: you have to be ready to battle crowds, wait in lines and overpay for things.

But the government-run celebrations on Parliament Hill are free and pretty much the same every year. There are speeches, Canadian music acts and patriotic programming. If you know what to expect, you will probably enjoy yourself.

So how did everyone enjoy the party this year? Well, the federal government commissioned a "satisfaction survey" to find out.

As it turns out — surprise! — almost everyone loved it.

Nearly nine in 10 respondents to the survey (86 per cent) said they were "satisfied" with Canada Day festivities in 2015.

The department commissioned the \$30,000 survey to measure audience satisfaction of Canada Day programming, "as well as create necessary data to find and maintain financial sponsors for the program."

Quorus Consulting Group conducted the survey by approaching 2,054 people at the three celebration sites: Parliament Hill, Major's Hill Park and Jacques Cartier Park to recruit them for the survey.

Of that group, 409 completed an online survey later in the month. The survey also hinted at the economic impact of Canada Day celebrations in the region. Respondents spent an average of nearly \$340 on Canada Day-related expenses. Two of five of the respondents (41 per cent) were visiting from out of town, for an average of four nights.

Most respondents agreed with several statements about the impact Canada Day celebrations had on them: 80 per cent agreed it helped them "appreciate their country"; 78 per cent said it was "a great occasion to celebrate nationhood"; 74 per cent said it made them prouder to be Canadian. Two-thirds said the celebration was "inspiring."

There were, however, areas for improvement. Nearly 30 per cent of respondents suggested getting more varied and bigger-name musical acts.

TRANSPORTATION

Let O-Train dictate Airport Parkway plans, activists urge

Sustainable transportation activists are welcoming word that the Airport Parkway won't be widened for at least five years.

The \$85-million widening project between Brookfield Road and the airport has been delayed because development charges fell short in 2015, according to a memo sent to councillors in November. Instead of getting \$43 to \$45 million from developers each year, the city can only count on about \$26 million annually for roads, planning

manager Michael Mizzi wrote.

The project's first phase, which would ease congestion between Brookfield and Hunt Club roads, is scheduled sometime between 2020 and 2025. That's good news for activists who want to see the nearby O-Train's southern expansion up and running first.

"They should be building out the public transportation system and waiting to see what impact that build-out has," said Trevor Haché with the Healthy Transportation Coalition.

As part of the city's light rail plans, the O-Train will expand to Bowesville Road near Riverside South by 2023. That timeline now aligns perfectly with the Airport Parkway project. Haché said his group has a second chance to convince the city to wait and see.

River Coun. Riley Brockington is on his side. Brockington said it "makes no sense" for the city to spend millions on a road without first knowing how driving habits might change.

EMMA JACKSON/METRO

AWARD

Local company wins technical Emmy



Haley Ritchie
Metro | Ottawa

Ottawa-based company Ross Video brought home an Emmy over the weekend in recognition of the role their openGear technology plays in television broadcasting.

"We were all celebrating when we found out, it was a big deal," said CEO David Ross.

The technical Emmys tends to get less attention than the red

carpet gala broadcast on TV — but none of it would exist without the technology running the show.

While the flashier Primetime Emmy Awards were held in September, the separate event honouring technology and engineering was held this past weekend.

"It shows we're a technological leader and innovator. I think it's great for people in Ottawa to realize as well just how cool Ross Video is," said Ross.

SOCIAL MEDIA

Top court joins Twitter



Michael Woods
Metro | Ottawa

Nearly 140 years after it started hearing cases, Canada's top court joined Twitter.

The Supreme Court of Canada on Monday launched English (@SCC_eng) and French (@CSC_fra) Twitter accounts, which will tweet about the business of the court simultaneously.

"Communicating on Twitter forms part of the court's commitment to open and accessible justice," Chief Justice Beverley McLachlin said in a statement.

"Sharing information about the court's work is crucial to its mandate, and Twitter is a useful tool in achieving this objective."

This year is the 140th anniversary of the first hearings held by the court; in a nifty coincidence, that's also the maximum number of characters in a tweet.

Canada's top court isn't the first one to join the social network. The U.K. Supreme Court joined Twitter in 2012 and has 174,000 followers. The U.S. Supreme Court isn't officially on Twitter, but a third-party account @USSupremeCourt has been tweeting out decisions for years.

While the account is a new way for the top court to interact with Canadians, don't expect a reply if you send them a tweet.

"Please do not use our social media platforms for requests for legal information or any other matter requiring a reply," read the court's terms and conditions.

Apart from the tweet announcing its presence Monday morning, the court also tweeted that it reserved its decision in the federal government's request for a deadline for crafting legislation on doctor-assisted dying.

Building a worthy mystery

ARTS

Crime writers' group seeks talent for short story contest



Haley Ritchie
Metro | Ottawa

They say crime doesn't pay — unless you're entering the Capital Crime Writers' 2016 Audrey Jessup short story contest. You won't be able to retire on the winnings from the con-

test (first place will net you \$100) but you will be recognized among a group of successful Ottawa-based crime writers.

"It's a fun way to end off our season," said Katherine Hobbs, president of the Capital Crime Writers. "The contest gives people a leg up and gets them noticed. It gives you something to put on a resume as an aspiring crime writer."

The group has a 60-strong membership consisting of published authors, crime-fiction enthusiasts and hobby writers.

Their regular season includes pub nights and monthly meetings often featuring

crime-related speakers like forensic experts and criminal researchers.

"The group centres around crime, mystery and murder," said Hobbs.

Many of the capital's mystery writers have set their stories around the world, but a few have decided to make Ottawa home for their fictional prying protagonists.

"Everybody likes reading a book that gives you a flavour of somewhere else, but I live in Westboro and it's fun to read a book where someone is taking the No. 2 bus and passing a place nearby," said Hobbs. You don't need to be a regis-

tered member of the group to enter, but writers do need to live within the national capital region and be over the age of 18. Stories must be unpublished, original and feature crime as a central theme.

Three secret judges — all crime authors — will decide on the winner.

Stories can be no more than 3,500 words and entries must be postmarked no later than April 1, 2016.

The contest is named after Audrey Jessup, a founding member of Capital Crime Writers who is remembered on the website as "smart, funny and just a little bit dangerous."



Darlene Cole, vice-president of the Capital Crime Writers.
HALEY RITCHIE/METRO



CRIME YEAR'S FIRST HOMICIDE IS GANG-RELATED: POLICE Ottawa police are investigating the city's first homicide of 2016 after a man was fatally shot on Claremont Drive late Sunday night. The Major Crime Unit identified the victim as 28-year-old Mohamed Najdi — a man police say was known to the police's gang unit and has been through the criminal justice system in recent years. He was killed in a targeted, gang-related shooting, according to police, who have not made any arrests. Anyone with information is asked to call the Major Crime Unit at 613-236-1222 extension 5493. JOE LOFARO/METRO



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Bowie vinyls sell out in city stores

LEGENDARY ARTIST

Producer hails latest album as 'parting gift' to his many fans



Lucy Scholey
Metro | Ottawa

The sound of David Bowie's music filled Ottawa record stores on Monday, but few albums could be found on the shelves.

A day after the genre-bending, boundary-pushing pop icon died of cancer at age 69, his newest vinyl had already sold out in some Ottawa stores.

"Whatever vinyl we did have available is now gone and even CDs ... I've sold about eight or nine already today," said Nick Beaton, manager of The Turning Point in Centretown.

Bowie's last album, *Blackstar*, hit the shelves just two days before his death.

His producer hailed this latest work as a "parting gift" to fans. It was a shocking end to the star's quiet — unbeknownst to many — 18-month battle with cancer.

Fans were hard-pressed to find a coveted copy on Monday.

But even other Bowie albums were in short supply, which is typical so soon after the death of a beloved icon.

A champion of misfits, the Ziggy Stardust creator challenged fans to "face the strange" as he wrote in his 1971 hit, *Changes*. *Space Oddity* was his first chart-top-

ping hit of many, including "Fame," and "Let's Dance."

In 1974, a year after the release of *Aladdin Sane* and *Pin Ups*, Bowie first came to Ottawa for a show at the Civic Centre.

He also played shows in the capital in 1978, during a record-breaking turnout in 1987, and again in 1990 and 2004.

John Thompson, owner of The Record Centre, fondly remembers smuggling in a magnum of champagne to his first Bowie show in 1978. A self-declared "obsessive" fan, he figures he has seen Bowie live six or seven times, including the 1987 Ottawa performance.

After hearing the news on Monday morning, Thompson did what so many Bowie fans did.

"Right away, I fired up the stereo and I played Bowie records all morning."



His artistic licence had no boundaries ... We're going to miss him.

Compact Music owner
Ian Boyd

In the Glebe, the storefront window of Compact Music was decked out in a Bowie tribute. Owner Ian Boyd wore a shirt donned with the singer's face.

After selling out all 40 CD and 30 vinyl copies of *Blackstar* — including a copy he had already opened in the store — Boyd said fans can expect more copies in

+ INFLUENCE

The Start, an Ottawa-based U.K. rock cover band, is already planning to add more Bowie songs to its set list. Band member David Little said his albums helped him through tough times.

"The man seemed to have had control over his life and how it was perceived by everyone, even to his death — with a new album, video and quiet good-bye of sorts," he said in an email. "An artist of his own life, I suppose."

the store this week.

Boyd was also at that legendary 1987 show, where 29,000 fans gathered in Lansdowne.

He remembers the singer's performance as "Shakespearean," in that he would theatrically extend his hands out towards the back of the room.

From old records to films, children of the '80s will also likely rewatch the singer's role as Jareth the Goblin King in *Labyrinth* this week.

A new video for the song "Lazarus" shows a blindfolded Bowie lying on a hospital bed.

"Look up here, I'm in heaven," he sings in the first line. The video ends with Bowie retreating into a dark, wooden closet.

"His artistic licence had no boundaries," said Boyd. "As an actor, he was equally as gifted and, as a person, he just wanted to work hard and raise his family."

"We're going to miss him."



Ian Boyd, owner of Compact Music, holds up David Bowie's 1997 album, *Earthling*, on Monday. Fans will be hard-pressed to find the late eclectic icon's newest and last record, *Blackstar*.

LUCY SCHOLEY/METRO

ENTERTAINMENT

Other well-attended Ottawa concerts in recent memory

David Bowie's third Ottawa show in 1987 broke the city's concert attendance records at that time. Around 29,000 people filled Lansdowne Park for the Glass Spider Tour. Here's how a few more recent Ottawa shows size up.

• **Lady Gaga:** The Born This Way misfit drew 27,000 people to RBC Ottawa Bluesfest in 2014.

• **Shania Twain:** Anyone who waited in long lines at Wesley Clover Parks for the Canadian

43,000
Number of attendees who caught the Rolling Stones at Lansdowne Park in '05.

country icon's show was in the company of about 24,000 people last summer. The venue later apologized for the hang-ups.

• **Kanye West:** Protesting peti-

tions couldn't keep Yeezus from playing in Ottawa last summer. More than 25,000 non-haters were on site.

• **Kiss:** About 30,000 people watched the face-painted, guitar-wielding rock 'n' roll quartet at Bluesfest in 2009.

• **Rolling Stones:** A whopping 43,000 fans piled into the then-named Frank Clair Stadium at Lansdowne Park in 2005.

LUCY SCHOLEY/METRO

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NUCLEAR POWER

Plan to wring more life out of reactors

Ontario Power Generation (OPG) announced plans Monday to start a \$12.8-billion refurbishment of the Darlington nuclear power station this fall and to squeeze four more years out of the aging reactors at its Pickering generating station.

Nuclear reactors at both generating stations — situated east of Toronto on Lake Ontario — were originally scheduled to be decommissioned in 2020, but the Liberal cabinet decided to keep operating two units at Pickering until 2022 and the other four until 2024. The decision still needs approval from the Canadian Nuclear Safety Commission.

Energy Minister Bob Chiarelli said extending the life of the Pickering nuclear units will save the province about \$600 million, which will help keep increases in electricity rates to a “modest, accept-

able” level.

“Prices will not go down in absolute terms in most, if not all, jurisdictions in North America, if not the world,” he said.

The Darlington project will extend the life of its four reactors by another 30 years.

Cabinet approved the refurbishment of one reactor starting this fall, but OPG will have to get approval for each of the three other units as they too are rebuilt.

The Darlington budget includes a \$1.7-billion contingency fund in case of cost-overruns on the \$4.5-billion portion of the project done inside the reactor itself — the nuclear science work deemed as “subject to execution risk” — versus the fixed contracts for the majority of the supporting infrastructure.

THE CANADIAN PRESS

CAR-SHARING

Communauto buys ally, predicts growth

A company that describes itself as North America’s oldest car-sharing service is looking to give customers in Ottawa an incentive to park their vehicles by expanding its presence in the national capital region.

Communauto announced Monday that it has acquired Vrtucar for an undisclosed price and says it plans to double the company’s fleet of about 120 cars in the area over the next few years.

The acquisition is the third since Quebec-based Communauto was founded in 1994. The company has already expanded into Halifax and Paris, France.

Communauto, which currently has just one of its own cars in Ottawa, has had a part-

nership with Vrtucar since 2010 that has given customers access to the other firm’s vehicles.

After the takeover, the company will continue to operate the two brand names under a common corporate logo, but the union will simplify billing for customers and help Communauto grow its presence in Ottawa, CEO Benoit Robert said Monday.

Communauto faces some competition from Car2Go, which operates in Montreal, Toronto and Vancouver.

But Robert said other car-sharing services and taxi-alternative Uber only help to increase overall demand for alternatives to car ownership.

THE CANADIAN PRESS



Ontario Public Service Employees Union members at the Ottawa-Carleton Detention Centre on Jan. 5 prepare for a strike that was averted last weekend with a new agreement. JOE LOFARO/METRO

Final deal may not be net zero, says Wynne

CORRECTIONS STRIKE

Any added cost to taxpayers now in hands of arbitrator

Premier Kathleen Wynne can’t guarantee that a new deal with correctional workers won’t end up costing the province more money, despite repeated pledges to keep such contracts “net zero.”

As the province works to eliminate a \$7.5-billion deficit, the government has said new public-sector contracts would

be cost neutral, meaning any salary increases are offset by savings elsewhere.

But a deal reached this weekend with 6,000 jail guards and probation officers, averting a strike just hours before they were set to walk out, does not settle wages. Outstanding monetary issues will go to arbitration.

Wynne said Monday that the terms already agreed to are “well within” net zero, but she conceded she can’t say for sure that the entire deal will be net zero once the arbitrator rules.

“I can’t guarantee that, no,” she said. “The arbitrator will know the net-zero deals that

have been reached across government, so the arbitrator will be working within those parameters.”

The Ontario Public Service Employees Union said it will certainly seek higher wages at arbitration. An earlier tentative agreement that was rejected by the membership would have given them no increase in the first year, a lump sum in the second year and a 1.4-per-cent raise in the third year of the deal.

The correctional staff are hoping to be paid commensurate with police officers and firefighters, said OPSEU president Smokey Thomas.

+ ESSENTIAL

The government has said that the deal recognizes that correctional employees’ work is “essential,” though they are not declared an essential service under legislation in the same way as police and firefighters.

The correctional workers will also lose the right to strike, and disputes in future negotiations will go to binding interest arbitration, like police and firefighters. THE CANADIAN PRESS

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Freedom for hostage

COLIN RUTHERFORD

Canadian released after being seized by Taliban in 2010

A Canadian man captured by the Taliban in 2010 has been freed.

Colin Rutherford was on a private vacation in Afghanistan when he was seized by the militant group in November of that year.

The last indication the Toronto man's family had that he was alive came in a 2011 video released by insurgents where he answered questions; an accompanying email accused Rutherford, then 26, of being a spy.

In the video, Rutherford insisted he was not a spy and had travelled to Afghanistan to study historical sites, old buildings and shrines.

Foreign Affairs Minister Stephane Dion announced Rutherford's release in a brief statement but did not explain what steps were taken to secure his

freedom — only that it involved the government of Qatar.

He says he was "very pleased" that efforts undertaken to get him out proved successful.

"We look forward to Mr. Rutherford being able to return to Canada and reunite with his family and loved ones," Dion said.

Rutherford was working as an auditor with the Canadian Circulations Audit Board in Toronto when he went on vacation to Afghanistan in 2010.

"This is great news," said Tim Peel, the company's vice-president said in an email. "We wish him a safe and speedy return and would like to thank all the parties involved in securing his freedom."

Peel did not respond to questions about whether Rutherford's job still exists.

The involvement of Qatar in Rutherford's release is not entirely surprising. The Persian Gulf country has at times quietly played mediator between western governments and the Taliban — even helping to facilitate peace negotiations between governments in Kabul and the hardline insurgency.

Whether any ransom was paid is an important question.

In securing the release of Canadian diplomats Bob Fowler and Louis Guay from the clutches of al-Qaida's North African branch in 2009, the previous Conservative government denied making any payment. But an al-Qaida letter to the original kidnappers, obtained by The Associated Press in northern Mali in 2013, said it received \$1 million for the pair.

THE CANADIAN PRESS



Colin Rutherford FACEBOOK

IMMIGRATION

Syrian refugee count nears 10K

Tuesday could be the day that the influx of Syrian refugees hits the 10,000 mark, but resettlement groups are now looking far beyond that milestone.

Flight arrival data on the Immigration Department's website suggests the 10,000th Syrian will arrive on one of two flights bound for Toronto on Tuesday, though the department could not confirm that number.

In November, the Liberals said 10,000 Syrians, mostly privately sponsored, would arrive by the end of 2015, but failed to meet that target.

They say 25,000 Syrians in total should be here by the end of February and then a further 10,000 government-assisted

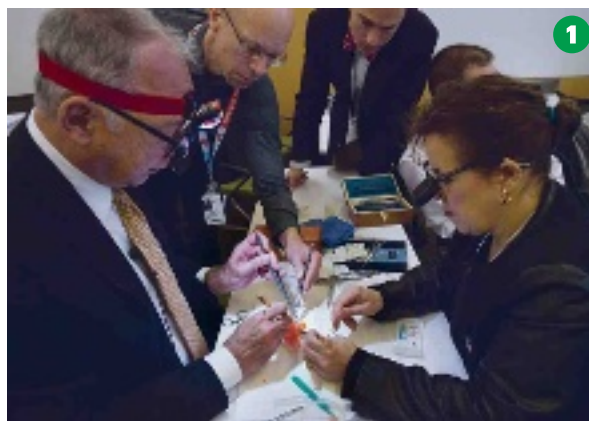
7,671

Number of Syrians that had arrived in Canada as of Jan. 7, according to the latest available data on the Immigration Department's website.

Syrian refugees will come by the end of 2016.

What's unclear is how many more privately sponsored refugees will be accepted after the end of February.

There are upward of 200 applications a week being submitted by private groups looking to sponsor Syrians, said Chris



PEDIATRICS

3D-printed hearts help train for surgery

The pediatric surgeons hover over a tiny heart, gently retracting delicate inner structures and attaching a graft with impossibly intricate stitches to repair a congenital defect that would mean certain death within days of birth.

But this heart isn't inside the chest cavity of a newborn; it's a 3D-printed model being used at Sick Kids Hospital in Toronto to train cardiac surgeons from around the world in some of the most complex operations they will ever perform during their careers.

About a dozen trainees — from Canada and such coun-

tries as Norway, Oman, Mexico and the United States — have come to watch master surgeons demonstrate the highly complicated techniques used to repair a number of congenital heart abnormalities and to safely practise those skills on models of their own.

Three-dimensional copies have been created of five hearts from real infants with cardiac anomalies using a high-tech 3D-printer, which almost perfectly reproduces the organ's structure using a photopolymer resin, based on sophisticated MRI and CT imaging.

"Each of the models repre-



1 Pediatric surgeons learning hands-on

Doctors from all over the world did hands-on surgical training for congenital heart disease surgery with 3D print models.

2 Performing the complex procedure

The Norwood Procedure is performed on a 3D model of a newborn heart with hypoplastic left heart syndrome at the Hospital for Sick Children, in Toronto, on Thursday.

3 Heart-to-heart

Dr. Shi-Joon Yoo, a cardiac radiologist at SickKids who produced the hearts.

ALL PHOTOS NATHAN DENETTE/ THE CANADIAN PRESS

This is a good way to practise it when the consequences are not dire.

Dr. Glen Van Arsdell

sents a very specific form of disease that is very different," says Dr. Glen Van Arsdell, chief of cardiovascular surgery at Sick Kids. "I can look at the model and tell you what the diagnosis is."

The 3D-printed hearts —

some orange, others whitish in colour — were produced by Dr. Shi-Joon Yoo, a cardiac radiologist at the hospital.

Depending on its size, a duplicate of a child's heart can take anywhere from four to 12 hours to produce, as layer upon layer of the resin is built up, he says.

While the current cost is somewhat prohibitive — estimated at about \$2,000 per model — Yoo says the technology means hundreds of copies can be printed after imaging a single child's heart to demonstrate a particular defect.

THE CANADIAN PRESS

IN BRIEF

Detain immigrant children as last resort: Red Cross

Canada should lock up child immigrants only as a "last resort" and must find alternatives to detention for such vulnerable newcomers, the Red Cross says in its latest confidential inspection report.

Many of the humanitarian organization's findings remain "largely unaddressed," with some requiring "urgent attention," says the report.

It makes 37 recommendations to improve conditions for detainees, including an eventual end to the practice of holding some in provincial jails where they are mixed with criminals. THE CANADIAN PRESS

PRIME MINISTER

Trudeau's office to release daily agenda

Prime Minister Justin Trudeau had private meetings scheduled Monday.

So, what's the news in that? Well, the mere fact that the Prime Minister's Office released a daily itinerary saying so.

In a practice that catches up with other political leaders, Trudeau's office says it will now release an overview of his day's activities.

"It will be a daily practice.... Those will keep you abreast of what he is up to," said Cameron Ahmad, a spokesperson for the prime minister.

The details of Trudeau's Monday schedule were fairly scarce, saying simply, "The



I think the overarching objective is openness and transparency.

Spokesperson
Cameron Ahmad

prime minister will be in private meetings." It offered no specifics on either the people the prime minister was meeting with in Ottawa or the topics of their conversations.

TORSTAR NEWS SERVICE

MEXICO

'Nothin' to hide,' Sean Penn claims

Actor Sean Penn said Monday he has "nothin' to hide" about his clandestine visit to Mexican drug lord Joaquin "El Chapo" Guzman, dismissing criticism over his interview with the fugitive who was captured two days ago.

In a brief email exchange with The Associated Press, Penn was asked about images published by local news media that indicate Mexican authorities were closely monitoring him and actress Kate del Castillo ahead of their October visit with Guzman.

"I've got nothin' to hide," he wrote.

Penn shrugged off a suggestion he was "taking hits" for agreeing to submit the story to Guzman prior to publication of the story by Rolling Stone magazine.

Guzman was captured Friday, more than three months after meeting Penn and six months after escaping from prison.

Mexican officials said Guzman's contacts with Penn and del Castillo helped them track down the fugitive. Guzman was finally captured Friday. He's being held at the same prison from which he escaped through a tunnel in July. Both his original cell and the mile-long tunnel he had built have been "made unusable," the official said, without specifying how.

THE ASSOCIATED PRESS



Sean Penn. AFP/GETTY IMAGES FILE

IN BRIEF

Swedish police accused of coverup of assaults

Swedish police face allegations of a coverup for failing to publicly report sexual assaults against teenage girls at a music festival last August. The newspaper Dagens Nyheter (which reported the incidents in connection with attacks on women in Cologne, Germany) cited officials saying police are reluctant to speak about crimes linked to migrants for fear of playing into the far right. THE ASSOCIATED PRESS

Baghdad mall attacked

IRAQ

ISIL claims it's behind bomb that killed 18

The Islamic State of Iraq and the Levant (ISIL) group claimed responsibility for the Baghdad mall attack that killed 18 people on Monday. Gunmen stormed into the Jawhara Mall after setting off a car bomb and launching a suicide attack at its entrance.

Iraqi officials say the attack, which lasted over an hour, killed at least 18 people and wounded 50 in the city's mainly Shiite east.

The ISIL statement, posted online shortly after the attack, said a car bomb and four ISIL fighters carried out the attack, targeting an area where many Shiite Muslims are known to

gather and warned of "worse" to come. Iraqi officials say the attack was carried out by seven men, one of whom died when he detonated his explosive vest at the start of the attack. The conflicting accounts could not immediately be reconciled.

Iraqi officials initially described the attack as a hostage situation, estimating that 50 people were trapped inside the complex. But Iraqi forces soon surrounded the building and landed troops on the roof. They clashed with the attackers inside, killing two of them, and arresting the other four.

At least four police officers were among those killed in the assault, according to police and medical officials, who spoke on condition of anonymity because they were not authorized to brief reporters.

Following the attack, authorities shut down the city's



People gather in front of targeted mall. THE ASSOCIATED PRESS

highly fortified Green Zone, home to a number of foreign embassies and most of the country's political elite. A number of major roads, shopping malls and bridges around the Iraqi capital were also closed for fear of followup attacks.

Also on Monday evening, a car bomb in southeast Baghdad in a crowded market area killed five and wounded 12, according to hospital and police officials.

Another deadly attack was carried out in the town of Muqadiyah, about 90 kilometres north of Baghdad in Diyala province. A double suicide bombing at a cafe killed 24 and wounded 52, according to hospital and police officials.

Police officials say the cafe was frequented by militia fighters under the government-sanctioned Popular Mobilization

+ FINANCES

U.S. targets airstrikes on ISIL's stores of cash

A U.S. defence official says American airstrikes are chipping away at the ISIL's cash piles. An airstrike this week hit what the official called a "cash storage facility" in the city of Mosul, which is the militants' main stronghold in Iraq. THE ASSOCIATED PRESS

Forces and many fighters are among the dead.

ISIL suffered a major defeat last month when Iraqi forces drove the extremists out of the western city of Ramadi, capital of the sprawling Anbar province. The group still controls much of northern and western Iraq. THE ASSOCIATED PRESS



Protesters opposing the PEGIDA movement (Patriotic Europeans Against the Islamisation of the Occident) attend a counter rally in Leipzig on Monday. PEGIDA demonstrators lit torches and shouted slogans in support of the xenophobic far-right movement as public anger runs high over the Cologne assaults. AFP/GETTY IMAGES

IMMIGRANTS

Don't fight violence with violence, Germany implores

A string of attacks on women in Cologne on New Year's Eve blamed largely on foreigners was "intolerable," Chancellor Angela Merkel's spokesman said Monday, but added that nothing excuses retaliatory assaults on immigrants.

Merkel has proposed making it easier to deport immigrants involved in crimes. But after Cologne police said a group of Pakistanis and a Syrian were attacked in the city on Sunday, Seibert said Germans must not blame all the nearly 1.1 million migrants who entered the country last year and said the

government is also focused on their welfare.

"We're doing all of these things to protect the population in Germany," he said. "We are also doing this for the great majority of innocent refugees who have sought refuge from bombs and war in our country and who should get this protection and who are prepared to adapt to the rules and values in our country."

The six Pakistani nationals were attacked Sunday by around 20 people, and two of them were briefly admitted to a hospital, police said. Also



As abominable as the crimes in Cologne and other cities were ... there is no justification for blanket agitation against foreigners. Justice Minister Heiko Maas

Sunday evening, five people attacked a Syrian man, who was injured but didn't need treatment.

Police official Norbert Wagner said authorities are treating those attacks as anti-foreigner crimes and believe the assailants arranged to meet via social media.

The New Year's Eve assaults stoked tensions over Germany's open-door policy to refugees and prompted politicians to call for tougher laws against migrants who commit crimes.

"As abominable as the crimes in Cologne and other cities were, one thing remains

clear: there is no justification for blanket agitation against foreigners," Justice Minister Heiko Maas said, adding that some people "appear just to have been waiting for the events of Cologne."

Authorities and witnesses said the New Year's Eve attackers were among a group of about 1,000 people, described as predominantly Arab and North African men, who gathered at Cologne's central train station. Some broke off into small groups and groped and robbed women, police said.

THE ASSOCIATED PRESS

Beef industry cuts gases

ENVIRONMENT

Results due to switching feed from grass to grains: Study

Canada's cattle industry is producing more beef with less greenhouse-gas emissions, says a new study.

Researchers at the University of Manitoba and Agriculture Canada found a 15 per cent reduction in methane emissions on a production basis between 1981 and 2011, and a 16 per cent cut in nitrous dioxide from manure.

The results were achieved partly by feeding cattle grain instead of grass and other forage when they are being fattened before slaughter, says the study published in the journal *Animal Production Science*.

"A lot of our efficiencies in Canada have to do with the use of grain in feedlot diets," Tim McAllister, a research scientist with Agriculture Canada, said Monday.

"They get more energy from

it and with less digestive problems."

Changes in management practices have allowed cattle to be sent for slaughter at a younger age, around 18 months, rather than 24 months in the past.

The study compared the cattle herd, the amount of land required for beef production and the change in greenhouse-gas emissions in the production of Canadian beef.

The results show the industry has become more efficient, with about 15 per cent less emissions overall.

"A significant reduction in GHG intensity over the past three decades occurred as a result of increased daily gain and slaughter weight, improved reproduction efficiency, reduced time to slaughter, increased crop yields and a shift toward high-grain diet that enabled cattle to be marketed at an earlier age," reads the study.

The beef industry accounts for 3.6 per cent of Canada's total greenhouse-gas emissions, a figure that hasn't changed much over the years, McAllister said.

Agriculture Canada once estimated that one lactating dairy cow produces a similar amount of greenhouse-gas emissions as a mid-sized vehicle driven 20,000 kilometres in one year.

The Canadian Cattlemen's Association hopes the study helps counter some of the criticism the beef industry has received over the years

about how it affects the environment.

Tom Lynch-Staunton, an association spokesman, said many producers have changed how they operate. "It tells us that our changes in management practices are actually having a positive impact," he said.

THE CANADIAN PRESS

20,000

Agriculture Canada once estimated a single lactating dairy cow produces a similar amount of greenhouse-gas emissions as a mid-sized car driven 20,000 km in one year.



Canadian cattle account for 3.6 per cent of the country's total greenhouse-gas emissions, according to a research scientist with Agriculture Canada. TORSTAR NEWS SERVICE FILE

E-SPORTS

Cineplex gets into gaming tournaments

Cineplex has launched its first national video-game tournament to help fill seats at its chain of theatres. The company is offering \$50,000 in prizes in one-on-one matchups of *Call of Duty: Black Ops III*. The tournament will begin Saturday with qualifying rounds to be played online, followed by matches at 24 theatres next month and a final event on March 6. Sony is the lead sponsor, and the competition will take place on PlayStation 4 consoles.

THE CANADIAN PRESS

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That's the windfall David Bowie made by issuing "Bowie Bonds" tied to his future royalties in 1997. The singer was ahead of his time not only when it came to music, gender expression and enormous pants, but also in terms of **securitization, the process of taking real-life assets and turning them into financial instruments.** Bowie Bonds let the artist raise money without selling the rights to his work or having to wait for royalties to roll in. People who bought in received a portion of the future sales of music from Bowie's 25-album, 21-year back catalogue over a 10-year period. The bonds paid a 7.9 per cent yield, and though they didn't perform as well as expected — the industry soon came under pressure from pirates — the idea caught on. Iron Maiden, James Brown and Rod Stewart got on the bond-issuing bandwagon. Soon securities promising future profits from everything from time-share loans to racehorse sperm flooded the market. (And sub-prime mortgages, too, though that's another story). Bowie had foreseen the ch-ch-ch-changes in the music business, telling the New York Times in 2002 that "The absolute transformation of everything that we ever thought about music will take place within 10 years ... just take advantage of these last few years because none of this is ever going to happen again." SOURCE: BLOOMBERG

ROSEMARY WESTWOOD metroview

The Bowie handbook for a crazy, creative, ever changing life

The first time I listened closely to David Bowie, I couldn't see the stars at all.

I was driving B.C.'s switch-back, two-lane Sea-to-Sky highway at night, while construction crews laboured to widen the roads. The looming spotlights and dust kicked up by heavy machines obscured everything around the car.

I couldn't see more than a dozen metres ahead, and it felt like navigating some robot-strewn future, listening to a mixtape of Bowie, who seemed to be singing from somewhere beyond this world.

One chord from Ziggy Stardust, and the picture appears: me, young and truly alone for the first time, trying to make something of myself in a strange town. Dust, lights and darkness.

Many others will tell you, better than I could, what David Bowie meant to fashion, to finance, to music, to ideas of gender. But his effect on our notions of who and what we could be — that it is his most revolutionary legacy.

The David Bowie handbook for living would include such points as: You don't need to pick an identity, as you are infinitely changeable. Feel free to wear pants as large as you like. Weird is sexy. Never take half-steps in make-believe. Don't worry about gender conformity. Don't worry about fluid sexuality. Be insanely productive.

Be insanely creative.

The foremost ideal he portrayed was freedom. Second was gall. Both made him very rich, which was undoubtedly part of the calculation, but his wealth doesn't lessen the message.

I never became an avowed fan. I can't list off all his alter egos in chronological order and match his elaborate outfits to his world tours. But you didn't have to be a fan to understand the way he ignored the rules. And there could have been no better soundtrack to that summer, driving the highway at night and dreaming of who I could be.

Bowie will be remembered as a genius of the level few could aspire to. But there's nothing stopping anyone from aspiring to his approach to life, if to less dazzling and lucrative ends.

"I thought he was a vampire! I thought he'd live forever!" one colleague quipped, after word broke that Bowie died of cancer.

Few knew he was sick. Few believed he could die. But you really can't avoid it — even if you're Bowie. Eventually, you run out of costume changes. There's no more time to contribute to the world. There is no more time for shape-shifting.

With whatever time you have, why hold back when you could more like Bowie?

A bigger down payment is actually a good thing



Diane Baker Mason
For Metro

It's a common misconception that buying a house is always a good investment.

This myth has been bolstered over the last decade by skyrocketing housing prices, with nearly frantic buyers borrowing disproportionate amounts of money in order to "enter the market," with

down payments of as little as five per cent.

Meanwhile, lenders — banks and trust companies — are happy to hand out money.

Why? Because they aren't the ones facing the risk, in the event of a crash. That risk is in the hands of the lenders' default insurers, including the crown corporation, Canada Mortgage and Housing — our corporation.

Mortgage default insurance has been around for decades, and is not in itself a bad thing. Ordinarily a bank, by law, is permitted to provide first mortgage financing only to buyers with a 20 per cent down payment. Even in a reasonable market, that puts home ownership out of reach for many. But thanks to CMHC (and to two other private insurers), Canadians need to provide only a five-per-cent down payment, for homes valued up to \$1 million.

This insurance protects the lender, not the borrower. Upon default, the insurance company pays the bank, then pursues the borrower. As for the premium (which can be as much as 3.85 per cent of the amount borrowed), it is added to the debt. On a \$500k loan, that's another 20 grand — which, on a loan of half a million dollars, doesn't seem like much.

But it is. This will be painfully apparent when interest rates eventually go up. Payments on these massive loans might be manageable at 2.5 per cent, but at five, six or 10, they'll be impossible.

The market will fill with houses that people have to sell, and houses mortgaged beyond their value will be unsellable. The defaulted loans will be enforced by the insurers — including the taxpayer-subsidized CMHC — which will take the hit for any loss. Despite collecting pre-

miums, CMHC has in the past been in a loss position when the real-estate market has crashed.

In order to cool the market without causing a crash, the federal government is introducing changes to the insured-mortgage rules effective Feb. 15, 2016, increasing the down payment to 10 per cent for the portion of a home value greater than \$500k. In a falling market, this minimal equity will quickly vanish.

Lenders hand out money at low rates, and we gobble it up, borrowing beyond our means to buy houses at inflated prices.

It's been quite the banquet. And if this banquet ends with a crash, even those of us who never borrowed a penny will be chipping in to pay the bill.

Diane Baker Mason is a Toronto-based novelist, writer and retired lawyer.

If this banquet ends with a crash, even those of us who never borrowed a penny will be chipping in to pay the bill.

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5 WAYS WE WILL REMEMBER DAVID BOWIE

As the world mourns the death of the legendary David Bowie, Metro looks at how the shape-shifting genius influenced pop culture for more than half a century METRO/THE ASSOCIATED PRESS/AFP

1 The Songs

Long before alter egos and wild outfits became commonplace in pop, Bowie turned the music world upside down with the release of the 1972 album, **The Rise and Fall of Ziggy Stardust and the Spiders from Mars** which introduced one of music's most famous personas.

Ziggy Stardust was a concept album that imagined a rock star from outer space trying to make his way in the music world. The persona — the redheaded, eyeliner-wearing Stardust — would become an enduring part of his legacy, and a touchstone for the way entertainers packaged themselves for years to come. Bowie scored hit after hit over more than four decades, ranging from **Changes**, **Starman**, and **Rebel Rebel**, to **Heroes**, **Ashes to Ashes** and 1981's **Under Pressure**.



TORSTAR NEWS SERVICE

2 The Movies

Bowie will always be remembered for his tight-pants-wearing turn as Jar-eth the Goblin King in the 1986 fantasy-adventure film **Labyrinth** and as Maj. Jack "Strafer" Celliers in the BAFTA-winning Japanese prisoner-of-war film **Merry Christmas, Mr. Lawrence**.

Bowie won an acting award for his performance as Thomas Jerome Newton, an extraterrestrial, in **The Man Who Fell to Earth**, and appeared as a vampire opposite Catherine Deneuve in **The Hunger** (above). Other acting credits include **Twin Peaks: Fire Walk with Me**, **Basquiat** — where he played Andy Warhol — Pontius Pilate in Martin Scorsese's controversial **The Last Temptation of Christ** and Nikola Tesla in Christopher Nolan's thriller **The Prestige**.



CONTRIBUTED



David Bowie's mug shot from a 1976 pot bust. CONTRIBUTED

3 The Man

"My entire career, I've only really worked with the same subject matter," Bowie told The Associated Press in 2002. **"The trousers may change, but the actual words and subjects I've always chosen to write with are things to do with isolation, abandonment, fear and anxiety — all of the high points of one's life."**

During his career, Bowie famously declared himself bisexual in the 1970s. In a 1983 Rolling Stone article he called the declaration the biggest mistake he ever made, qualifying that comment to Blender magazine in 2002 to say "I don't think it was a mistake in Europe, but it was a lot tougher in America."

In the 1980s he famously and publicly challenged MTV on its refusal to play black music videos on air.

4 The Duets

You may not think of Bowie as a Christmas artist, but his 1977 duet of **Peace on Earth/Little Drummer Boy** with Bing Crosby is a perennial favourite during the holiday season thanks to annual play on MuchMusic in the 1980s and '90s and millions of YouTube views. Bowie recorded a duet for the song **Under Pressure** with Queen in 1982, and performed it live with Annie Lennox. Other notable collaborations include the legendary **Dancing in the Street** with Mick Jagger, and **Hallo Spaceboy** with Nine Inch Nails and also the Foo Fighters.



CONTRIBUTED

5 The Fashion

Bowie — with his outrageous alter egos — was as renowned for his image and influence on fashion design as he was for his music.

From the much-copied lightning-flash face paint of Aladdin Sane, the oversize shoulders and white shirt collars of Thin White Duke to the trilby hat and floppy fringe of the alien he played in the movie **The Man that Fell to Earth**, Bowie for decades boldly broke boundaries in style and gender with his influential looks.

Then there was, of course, 1972's flame-orange-haired **Ziggy Stardust** — his most recognizable invention. Jean Paul Gaultier (a Ziggy-inspired design from a 2013 Gaultier collection is shown at right), Dior, Saint Laurent and Dries Van Noten and fashion-conscious actresses such as Tilda Swinton all owe Bowie a lot. Trends in recent seasons have turned the clocks back to the glam rock of the 1970s and '80s — a Bowie signature.



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JOHANNA SCHNELLER WHAT I'M WATCHING

Cause close to her heart — and pocketbook



Images of Winfrey working out appear while she talks about her struggles with weight loss in a new *Weight Watchers* commercial. YOUTUBE/SCREENSHOT

THE SHOW: *Weight Watchers* commercial
THE MOMENT: Oprah's manifesto

Dressed in expensive lounge-wear and gold jewelry, Oprah Winfrey sits on plush outdoor furniture and gazes at her bestie, the camera. "Inside every overweight woman is a woman she knows she can be," she intones with enough gravitas to power two confessions, three commencement speeches and a State of the Union address. Piano music begins to play.

"Many times you look in a mirror and you don't recognize yourself. Because you've gotten

lost. Buried in the weight. That you carry." Images of Winfrey working out appear. "Nothing you've ever been through is wasted," she goes on. "So every time I tried and failed has brought me to this most powerful moment." The music swells.

First of all, I hope that Oprah never crosses to the dark side. Because if she appeared on TV saying, "Let's take over the financial system," or "Everyone should kill her spouse," people would do it — she is that convincing.

Second, I was surprised that she was shilling so hard for *Weight Watchers* — I mean, yeah, weight loss is part of

good general health, but she sounds like a shrink delivering a world-shaking manifesto, like she's curing cancer, ending global warming and solving our childhood issues all at once.

Then I found out that last October, she bought 10 per cent of the company, for \$43.2 million — and that the stock value has tripled since. Her shares are now worth \$148 million. Last week, after the initial spots aired, the stock went up again. No wonder she sounds so passionate.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

REALITY TV

Bachelor Ben watches along with us

Ben Higgins' no-kiss rule in last week's premiere episode of *The Bachelor* made for decidedly less drama in the faux Spanish villa in Los Angeles than in prior seasons. But it didn't hurt ratings, which remain on par with farmer Chris Soules' premiere. Both are below hot soccer player Juan Pablo Galavis' season, proving once again that television is about the visuals, not the man.

Higgins may not have kissed on the first episode, but he promised some "great dates" to come. "We went on dates that reflected my life outside the show; it's not about going on a helicopter all the time," he said. "Viewers will see a lot of really great

conversations where we really get to know each other." Having great conversations doesn't necessarily translate into great TV, but thankfully, the show has its share of troublemakers.

Higgins knows that *Bachelor* fans were none too happy that he chose to give real estate broker Lace Morris a rose over other contestants, considering that she was stone drunk and came with a side order of insecurity.

"Not everyone is going to be happy. But I didn't do this to make everyone happy," said Higgins.

"I've tried to stay true to myself and if that gets a positive reaction even better."

He was sometimes surprised looking back at the tape at

the drama that was going on in the house when he wasn't there. "I know what's going on with myself and the women. What goes on in the house, I'm not around, I don't see it," said Higgins. "I'm watching as a viewer, I'm seeing things and saying, 'Well, that's interesting'; maybe I would have said things a different way. So I'm learning as I go as well."

Higgins, at only 26, seems to know what he wants, and the Indiana native comes across as sincere and earnest.

"I'm a Christian. I wanted to find a woman of faith and compassion, and can offer grace to me when it's needed. But I was very open to meet people from all over the world. It was an opportunity to meet all different kinds of people."

THE ASSOCIATED PRESS

GOLDEN GLOBES

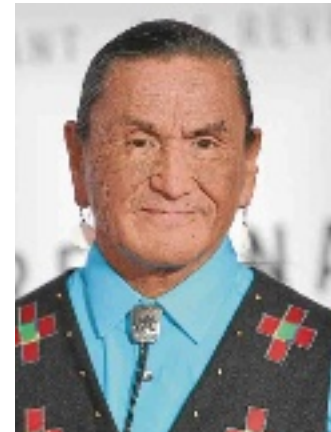
Howard reacts to Leo's speech

First Nations actor Duane Howard admits he "choked up" when *The Revenant* star Leonardo DiCaprio dedicated his Golden Globe trophy to indigenous communities around the world. Howard says he and his friends were watching in Vancouver when DiCaprio took the stage on Sunday to claim the best dramatic film actor award for his role in the 19th-century survival epic.

DiCaprio shared the award with "all the First Nations people represented in this film and all the indigenous communities around the world."

Howard plays lead Arikara warrior Elk Dog in the drama, which was partly shot in Alberta and British Columbia and features dozens of local actors and crew members. He calls DiCaprio's speech "really meaningful," and says he'd like to see more meticulous portrayals of indigenous culture come out of Hollywood.

The Revenant also earned Golden Globes for best dramatic film and for director Alejandro Inarritu. DiCaprio plays fur trapper Hugh Glass, who is left for dead after being attacked by a bear. Desperate to survive, he braves icy waters



66

That's really meaningful when a Hollywood celebrity like that reaches out to the world and acknowledges us First Nations people.

Duane Howard, actor

and an unforgiving wilderness in search of the hunting team that left him behind.

"It is time we recognize your history and that we protect your indigenous lands from corporate interests and people that are out there to exploit them," DiCaprio said in his acceptance speech. "It is time that we heard your voice and protected this planet for future generations."

Howard said Monday from Vancouver that he was moved by DiCaprio's words.

"That's really meaningful when a Hollywood celebrity

like that reaches out to the world and acknowledges us First Nations people like that, that means something," he said. "Hollywood's got to be more open to us, as First Nations people of this land.... More and more of these films have to come out."

The Canadian cast also includes child actor Isaiah Tootoosis from the Poundmaker First Nation, who plays Hugh's son, and Grace Dove, as Hugh's wife. The film's visual effects supervisor was the B.C.-based Cameron Waldbauer. THE CANADIAN PRESS

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Playing pregnancy roulette

HEALTH POLICY

Canada lags behind other nations in birth control access

Liz Brown
Metro | Canada



When her period comes each month, Anne Wilson* breathes a sigh of relief. "I'm like, oh thank God," she says, laughing nervously.

The 31-year-old Toronto entrepreneur doesn't want to play roulette with pregnancy, but she's left with few options due to health issues that prevent her from using most forms of birth control. At present, she and her partner use condoms, but, "I can tell you we're not using them perfectly 100 per cent of the time," she says.

Doctors have advised her that her only option is an IUD. Wilson's painful menstrual cramps remove the copper IUD from her list of options — it's known to exacerbate cramps in some women — leaving her with two remaining choices: hormonal IUDs Mirena and Jaydess.

But Wilson can't afford either — both cost upwards of \$300 and subsidized birth control clinics don't offer them.

"I'm just starting a business so I'm always worried about when money is coming in, and these costs add up," she says. "I wish there were more options."

Wilson isn't alone.

According to the Canadian Contraception Consensus report from the Society of Obstetricians and Gynaecologists of Canada, 15 per cent of sexually active Canadian women aren't using any form of birth control and 20 per cent are using a form of birth control inconsistently. And according to the World Health Organization, 51 per cent of pregnancies in North America were unintended in 2012 (a stat that includes pregnancies that were not carried to term).

Low-income women are twice as likely to use no contraceptives compared to the highest earners. And one third of Canadian women will have an induced abortion at some point in their life. Simply put, Canadian women are facing enough barriers to birth control that a substantial number are risking unplanned pregnancy each month.

"When we look around the world, Canada is one of the only societies that pays for universal health care ... but doesn't provide free contraception," says Dr. Wendy Norman, chair of the Contraception Access Research Team (CART) at the University of British Columbia. "The number one barrier that we've identified

for women accessing birth control is cost," she adds.

The United States, 11 countries in Europe, the U.K., Australia and New Zealand all provide a universal subsidy for contraception.

In Canada, however, affordable birth control is provided through a patchwork of sexual health clinics funded by public health authorities. While these clinics do offer affordable options such as oral contraceptives ranging from free to \$10 per month, or five-year copper IUDs for \$60, many women find it difficult to access due to limited clinic hours and long wait times.

Catherine Datta, the north/east manager of the Toronto Sexual Health Clinics, notes that in 2014, over 63,000 people visited clinics in Toronto and sometimes experienced wait times of more than two hours.

"The hours (of clinics) don't support the people who may use them the most," agrees Pam Krause, executive director of the Calgary Sexual Health Centre. According to Krause, the clinics in Calgary have hours similar to school and offices.

That leaves many women using condoms or withdrawal for birth control, two methods with the highest rates of failure — 21 per cent failure for condoms over one year of typical use, and a 22 per cent failure for withdrawal over one year of typical use, according to research



We can see as soon as a subsidy is brought in, particularly for highly effective methods like IUDs, the population shifts towards using them.

Dr. Wendy Norman

from Princeton University in 2011. In contrast, less than 1 per cent of women using an IUD will become pregnant over one year.

"Because the least effective contraceptive methods cause the most pregnancies, it costs the health system much more than it would to provide a more expensive option because so fewer pregnancies result when consumers use the most effective methods (which are the most expensive)," says Norman.

According to Dr. Norman, free, accessible birth control is one of the easiest ways to reduce costs on the health care system.

American research shows that the nation's publicly-funded clinics — which provide access to free or subsidized birth control — saved the U.S. \$13.6 billion in 2010, or about \$7 for every public dollar spent.

And a study from St. Louis, Mo., conducted between 2007 and 2011 involving 10,000 young

women given the option of various methods of free birth control resulted in a dramatic drop in unintended pregnancy. The annual rate of pregnancy for participants in the study was 34 per 1,000 women, compared to a national average of 57 per 1,000.

About 75 per cent of the participants opted for long-acting IUDs. In contrast, only about 2 per cent of the general female population in the U.S. use an IUD.

"As soon as a subsidy is brought in, particularly for highly effective methods like IUDs, the population shifts towards using them," says Norman. "In Canada we don't have much research to guide us. (Contraceptive access) hasn't ever been a core principle within public health," she adds.

LIZ.BROWN@METRONEWS.CA

*Name changed at source's request.



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Discover Saint Paul University

Thinking about registering for an undergraduate or graduate degree? Drop by Saint Paul University's open house on Thursday, Jan. 27, from 4:30 to 7:30 p.m. and find out about one of Ottawa's best-kept secrets!

The open house is a great opportunity to learn about programs, the admission pro-

cess, financial aid and scholarships in a relaxed and cheerful atmosphere. Faculty and staff members will be on hand to answer any questions you may have. The school will also be awarding four scholarships valued at \$1,000 each, so be sure to add your name to the draw.

Do you already have a college diploma? Fast-track your studies by applying your credits to one of SPU's programs! Visit the admissions booth to find out how to make the most of your previous education and experience.

Places in Saint Paul's School of Counseling, Psychotherapy and Spirituality are in particularly high demand. If you're thinking of registering, you are encouraged to attend an information session.

Register now for the open house at ustpaul.ca and discover how you can be the face of change.

Saint Paul University (1848) is the founding college of the University of Ottawa, with which it has been federated since 1965. Bilingual and on a human scale, it offers programs in social communication, counselling and psychotherapy, canon law, public ethics, conflict studies, philosophy, human relations and theology.



ISTOCK

MAKE A RESOLUTION TO LEARN A NEW LANGUAGE

It is never too late to start working towards your New Year's resolutions — especially if that resolution is to learn a new language this year.

Whether you are looking for training in either one of Canada's two official languages, American Sign Language, or another foreign language, the Algonquin College Language Institute has courses to help you meet your language goals.

The Language Institute helps students improve their language skills to reach their own personal goals," says Silvia Garcia, chair, Language Institute.

"Some of our students are foreign trained professionals, who are looking to enter the workforce and need language training."

Over the years, the Language Institute has helped thousands of students and professionals from around the world upgrade their skills in the areas of language comprehension, vocabulary, writing and grammar, whether it is for professional gain or personal development.

The Language Institute is a destination for those looking to either improve their



CONTRIBUTED

ESL or become certified ESL teachers.

"Those wishing to teach English abroad and who wish to be duly trained and prepared for the challenge can get the best training through our post-grad certificate in Teachers of English as a Second or Foreign Language, which is Ministry approved," says Garcia.

Part-time language courses begin the week of Jan. 18. Full-time courses are also available.

For more information about the Language Institute, visit algonquincollege.com/languages



UNIVERSITÉ SAINT-PAUL
UNIVERSITY

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of change.



OPEN HOUSE 2016

Discover our Programs:

- Canon Law
- Conflict Studies
- Counselling and Psychotherapy
- Human Relations
- Philosophy
- Public Ethics
- Social Communication
- Theology

January 27
4:30 to 7:30 p.m.

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\$1000
SCHOLARSHIPS!

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Saint Paul University is the founding college of the University of Ottawa (UO), with which it has been academically federated since 1965.



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**ALGONQUIN
COLLEGE**

The king of doubles

TENNIS

Nestor the first on ATP Tour to win 1,000 2-on-2 matches

Canadian tennis star Daniel Nestor boasts one of the most impressive resumés in the sport.

Twelve-time Grand Slam champion. Olympic champion. Eighty-eight career tournament victories and, after his first-round win Monday, 1,000 career doubles victories.

Nestor has used a powerful serve, impressive return game and crafty net play to become one of the best doubles players in the game. At 43, the lanky left-hander from Toronto keeps getting results, often stepping up in big moments when a match is on the line.

"When it comes to (being) clutch, I think he raises his level," said former partner Frederic Niemeyer. "That's why he's winning those big titles over and over. When it's time to break the other

team, he gets the job done."

Nestor's latest milestone came at the Apia International Sydney event, a warmup stop ahead of the Australian Open. He teamed with Brazil's Marcelo Melo for a 6-4, 6-4 win over France's Jeremy Chardy and India's Leander Paes in men's doubles play.



I think he's one of the best, if not the best volleyer of all-time.

Frederic Niemeyer, former partner

With the win, Nestor became the first player in ATP Tour history to record 1,000 doubles victories over his career. Only three players — Jimmy Connors, Ivan Lendl and Roger Federer — have reached the 1,000-win milestone in singles play.

"It's really special making it to 1,000 especially having my family here with me," Nestor said. "They made the long trip to

Australia kind of for this reason. A special moment like this, it's really important to share it with others, the people that have been with me through thick and thin and through most of the victories."

Hamppered by injuries at times early in his career when he played more singles matches, Nestor blossomed when he focused on the four-man game. Niemeyer said that Nestor's long reach allows him to cut the ball off and prevent opponents from finding open space.

"He takes up literally, sometimes, three-quarters of the court," Niemeyer said. "So that's why he can fit with any game style ... he can adapt his style with his partner. You can't say that with many players."

Nearly half of Nestor's doubles victories came with Mark Knowles (464 wins, 40 titles). He also enjoyed successful runs with Nenad Zimonjic (227 wins, 27 titles), Max Mirnyi (90 wins, eight titles) and Canada's Sebastien Lareau (60 wins, five titles).

One of Nestor's biggest wins came with Lareau at the 2000 Sydney Games when they upset Australian favourites Todd Woodbridge and Mark Woodforde to win gold.

"The gold medal, for sure, was probably the initial highlight, winning here in Sydney in 2000 against the Woodies and their hometown crowd," Nestor said.

Daniel Nestor

GETTY IMAGES FILE

"It was a very tough match and we were able to pull through and that was my first major title. My first Grand Slam also here in Australia. That was a little getting the monkey off my back because I'd lost a few finals, so that was important."

THE CANADIAN PRESS

REDBLACKS

Price swapped for draft picks

The Saskatchewan Roughriders have acquired international receiver Maurice Price from the Ottawa Redblacks for their sixth- and seventh-round picks in the 2016 CFL draft.

Saskatchewan also gets Ottawa's sixth-round pick in the deal.

Price started all 18 regular-season games last season as part of Ottawa's dangerous offence, contributing 58 catches for 603 yards and a touchdown.

He added five receptions for 77 yards in Ottawa's win over Hamilton in the East final, and two catches for 28 yards in the Redblacks' loss to Edmonton in the 103rd Grey Cup.

603

The number of receiving yards Price contributed in 2015.

Price was expendable in Ottawa, where the Redblacks have four 1,000-yard receivers — Chris Williams, Ernest Jackson, Brad Sinopoli and Greg Ellingson — set to return next season.

He could have room to grow in Saskatchewan where three key members of the Riders' receiving corps — Rob Bagg, Chris Getzlaf and Ryan Smith — are eligible for free agency next month.

Price spent three seasons in Calgary prior to joining the Redblacks in a January trade. He was part of the Stampeders' 2014 Grey Cup champion team.

THE CANADIAN PRESS



Maurice Price caught 58 passes last season.

DARRYL DYCK/THE CANADIAN PRESS

+ SMASHING NUMBERS

22 — Nestor has won at least one men's doubles title per year for 22 straight years.

.708 — His doubles winning percentage (1,000-412).

108 — The number of weeks he's been ranked No. 1, which is fifth all-time.

12 — The number of Grand Slam titles he has won — eight in men's doubles, four in mixed play.

12 — Players who have won the career Golden Slam of all four majors and Olympic gold, Nestor being one of them.

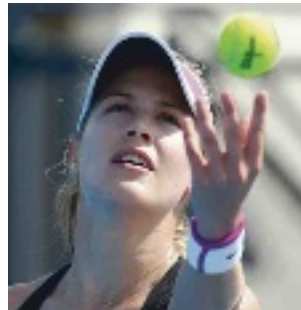
TENNIS

Bouchard cruises to win Down Under

Eugenie Bouchard provided relief from a deluge of bad injury news in the women's game ahead of the Australian Open, as the Canadian won 6-2, 6-1 against Bethanie Mattek-Sands at the Hobart International on Monday.

The former No. 5 is on the comeback trail since sustaining a concussion when she fell in the dressing room during last year's U.S. Open, with the Shenzhen Open last week being her first tournament since.

THE ASSOCIATED PRESS



Eugenie Bouchard

ROBERT CIANFLONE/GETTY IMAGES

IN BRIEF

UK Athletics: Reset track and field world records

All world records in track and field should be reset and lifetime bans should be imposed on serious drug cheats to clean up the sport, the governing body of British athletics said Monday.

UK Athletics published "A Manifesto for Clean Athletes" containing 14 proposals aimed at restoring credibility to a sport battered by allegations of widespread doping, coverups and corruption. THE ASSOCIATED PRESS

FIFA

Messi awarded his fifth Ballon d'Or

Lionel Messi has won the FIFA world player of the year award for a record fifth time.

Messi ended Cristiano Ronaldo's two-year hold on the Ballon d'Or trophy on Monday to lift soccer's top individual honour.

The Barcelona forward regained the prize after his club won five major titles last year, leaving Ronaldo's Real Madrid with nothing.

Messi got 41.33 per cent of total voting points in a 23-candidate ballot. Ronaldo received

It's incredible that it's my fifth. It's much more than anything I dreamed of as a kid.

Lionel Messi

27.76 per cent and third-place Neymar got 7.86 per cent.

THE ASSOCIATED PRESS

RECIPE Kale Pesto Pizza



PHOTO: MAVA VISNYEI

Ceri Marsh & Laura Keogh For Metro Canada

You've got leftover kale from yesterday's dinner, right? Can you think of anything better to do with it than pizza? We can't either!

Ready in
Prep time: 30 minutes
Serves 4

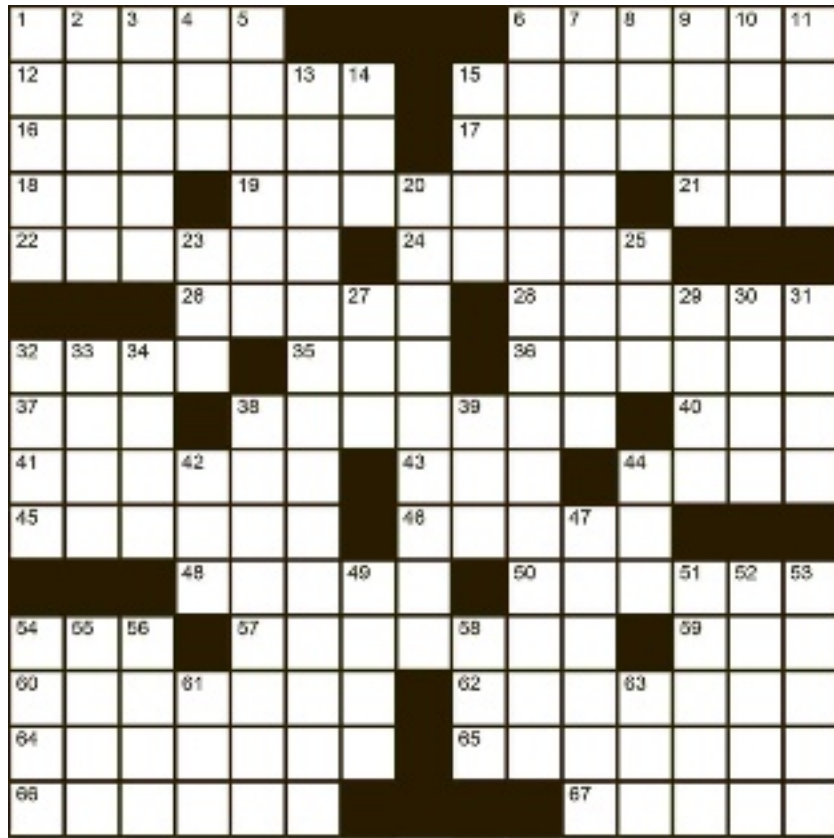
- Ingredients
- 3/4 bunch kale, cleaned and tough stems removed
 - 1/4 cup of chopped onion
 - 2 cloves garlic, chopped
 - 1 1/4 Tbsp extra virgin olive oil
 - 1 package frozen whole wheat pizza dough
 - 1/4 cup corn meal
 - 1/2 cup ricotta cheese
 - 1/2 cup fresh, shaved Parmesan cheese
 - 2 Tbsp all-purpose flour
 - drizzle of extra virgin olive oil

- Directions
1. Preheat oven to 425 F.
 2. In a large pan, heat oil over medium heat. Add garlic and onion and sauté until translucent, about 3 minutes. Add kale and stir. Cover and allow kale to wilt, about 6 to 8 minutes. Place everything in a food processor. Pulse until it becomes the texture of a fine pesto. Set aside.
 3. Place the cornmeal on a flat surface and flour your rolling pin. Roll out the dough until it's about an inch thick. Place on a baking sheet or pizza stone. Brush oil onto dough. Spread the kale pesto evenly across the surface of the dough. Using a table-spoon, place dollops of ricotta randomly on the pie. Sprinkle with Parmesan cheese.
 4. Place pizza stone or baking sheet in the oven. Cook for 10 to 12 minutes, or until crust is crispy and cheese is bubbling.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

- ACROSS
1. Skincare formula
 6. Trumpet sound effect, when doubled
 12. In proportion: 2 wds.
 15. Aria performer
 16. Sixth sense
 17. Arno __, Canadian author of The Oil Man and the Sea: Navigating the Northern Gateway
 18. "Why'd You __" by Colin James
 19. Chair the conference call
 21. Rested in the recliner
 22. Subway station on the Sheppard Line in Toronto
 24. Rand McNally publication
 26. Is rife with
 28. Shoot for the stars
 32. Desert's climate
 35. MS-__
 36. Drew close
 37. Canadian actor Mr. Cariou
 38. French for 'ducks'
 40. 'Human' suffix
 41. Deceive
 43. Fashionable dresser
 44. Mr. Warhol
 45. Delivers an off-the-cuff speech
 46. Props for clarinets
 48. Religious doctrine
 50. Brought up
 54. Movie stu-



- dio area
57. Mr. Glover of movies
 59. Corn unit
 60. Momentous
 62. Captive held for ransom
 64. Cassava pudding

65. Preferably
66. Everett __ of "Citizen Kane" (1941)
67. Country singer LeAnn

- DOWN
1. Tumble
 2. Mr. Coombs of

- "Mr. Dressup"
3. Romantic flowers
 4. Mr. Geller
 5. Chattering bird
 6. Prehistoric time in Canada noted for the emergence of pottery: 2 wds.

7. Placates
8. Charlemagne's li'l domain
9. WWII-era service-women
10. "Diana" singer Paul
11. Country singer Mr. Axton

13. "Painkiller" and "I Am Machine" are hits off this Canadian hard rock band's current album 'Human': 3 wds.
14. 'Deterior' suffix
15. Showbiz routine
20. Tree known for its aromatic bark/roots
23. Company name abbr.
25. Locale of leisure
27. Work week starter [abbr.]
29. It's pumped at gyms
30. Actress Tara
31. Guitarist Duane
32. Dawn love song
33. Marsh plant
34. IOC part [abbr.]
38. Gemstone that is polished but not faceted
39. __ v. Wade
42. Empty
44. __ matter of fact...
47. More crowded/thick
49. Ms. Kunis
51. Kingdom
52. Bird of Jove
53. Squirrel nests
54. Net balls
55. Iridescent gem
56. __ Giglio (Mouse puppet of classic TV)
58. Greek alphabet's 21st letter
61. Spy org.
63. Skater Ms. Babilonia

★ IT'S ALL IN THE STARS by Sally Brompton

♈ **Aries** March 21 - April 20
Cosmic activity in the area of your chart that rules your vocation is urging you to aim higher. Don't let the critics and cynics hold you back by undermining your confidence.

♉ **Taurus** April 21 - May 21
You seem reluctant to voice your opinion, even though you have something of value to say. Overcome your doubts and express yourself in a way that everyone can understand.

♊ **Gemini** May 22 - June 21
It may seem as if someone you work or do business with has been cheating you but the planets warn you can't trust your senses, so don't say or do anything, at least not until you can see things a little more clearly.

♋ **Cancer** June 22 - July 23
You won't have trouble persuading others to back your ideas but you may have some trouble later on if they don't work out as expected. Don't make promises you can't keep.

♌ **Leo** July 24 - Aug. 23
A habit is holding you back and you're desperate to get rid of it. But in getting rid of one bad habit you could so easily replace it with another that is ten times worse.

♍ **Virgo** Aug. 24 - Sept. 23
It may be fun pointing out the inadequacies of people in positions of authority but be careful. The last thing you need is to create enemies of those who have the power to make things difficult for you.

♎ **Libra** Sept. 24 - Oct. 23
Don't take what you're told at face value today — check the facts for yourself. What others say may sound convincing but you're only being told part of the story.

♏ **Scorpio** Oct. 24 - Nov. 22
You may be resentful that changes are being imposed but there is no point making a fuss about it. Go with the flow. You will get the chance to change things back again later on.

♐ **Sagittarius** Nov. 23 - Dec. 21
Resist the temptation to embellish facts or deceive people today. It may seem like the easy thing to do but in the long-term you are sure to regret it. You have a well-deserved reputation for honesty — don't lose it.

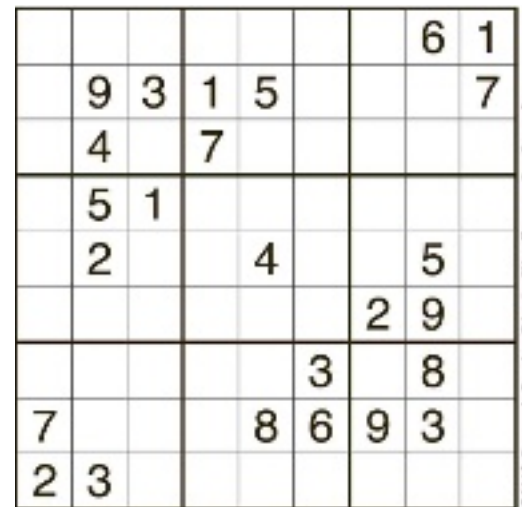
♑ **Capricorn** Dec. 22 - Jan. 20
You may be inclined to rely on your intuition today but the planets warn against it. Stick to the facts and, where relationships are concerned, err on the side of caution.

♒ **Aquarius** Jan. 21 - Feb. 19
Reel in your fears. Take your mind off your worries by focusing on the things you have to be thankful for. By the time you get through them the day will be over — and tomorrow will be more to your liking.

♓ **Pisces** Feb. 20 - March 20
Don't take friends for granted. Those who think highly of you will help out, but if they find out you've been playing mind games they won't be happy.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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